



SKILLS CHECKLIST

Parent and Child Aquatics Level 2

Clear Form

Instructor's Name:													
Date:	Participant's Name	1. PARENT CHILD	2. PARENT CHILD	3. PARENT CHILD	4. PARENT CHILD	5. PARENT CHILD	6. PARENT CHILD	7. PARENT CHILD	8. PARENT CHILD	9. PARENT CHILD	10. PARENT CHILD		
Hip support on front													
Hip support on back													
Back support													
Arm stroke position													
Enter water from a seated position													
Enter water from a seated position—rolling over and sliding in													
Enter water by stepping or jumping in													
Enter water using a ladder													
Enter water using steps or ramp													
In-water exploration (in shallow water)													
Exit water using side of pool													
Exit water using steps or ramp													
Exit water using a ladder													
Open eyes and retrieve objects below the surface													
Open eyes and retrieve submerged objects													

Instructor's Name:	Participant's Name													
		1. PARENT CHILD	2. PARENT CHILD	3. PARENT CHILD	4. PARENT CHILD	5. PARENT CHILD	6. PARENT CHILD	7. PARENT CHILD	8. PARENT CHILD	9. PARENT CHILD	10. PARENT CHILD			
Date:														
Bobbing														
Front glide														
Front glide to the wall														
Front float														
Back glide														
Back float														
Roll from front to back														
Roll from back to front														
Passing from instructor to parent														
Drafting with breathing														
Leg action on front—alternating or simultaneous movements														
Arm action on front—alternating or simultaneous movements														
Combined arm and leg actions on front with breathing														
Leg action on back—alternating or simultaneous movements														
Arm action on back—alternating or simultaneous movements														
Combined arm and leg actions on back														
Safety Topics														
Wearing a life jacket in the water														
Reaching assists														
Basic water safety rules review														
Safety at the beach and at the waterpark														
Water toys and their limitations														